

# Senate Bean Soup

Makes: 50 Servings

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Ingredients	Weight	Measure
Vegetable oil		1/2 cup
Fresh onions, chopped	14 oz	2 1/3 cups
Fresh celery, chopped	6 1/2 oz	1 1/2 cups + 2 Tbsp
Fresh carrots, chopped	6 1/2 oz	1 3/4 cups
Canned tomato paste	7 oz	3/4 cup + 1 Tbsp
Chicken or ham stock, non-MSG		2 gal + 1 qt
Cooked dry navy beans	10 lb + 2 oz	1 gal + 2 1/2 qt
Cooked ham, diced		

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>175</b>
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	708 mg
Total Carbohydrate	28 g
Dietary Fiber	10 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
Vitamin D	N/A
Calcium	72 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

Potatoes, large dice	1 lb
Ground black or white pepper	1 tsp
Dried parsley	1/4 cup
Garlic powder	1 Tbsp

## Directions

1. Add vegetable oil to stock pot and heat. Add onions, celery, carrots, and saute until onions are translucent. Add tomato paste and combine until blended. Continue to saute until tomato paste has darkened.
2. Add stock, beans, ham (optional), and potatoes. Season with pepper, parsley, and garlic. Bring to simmer. (If desired, liquid from cooked beans may be used as part of the stock.)
3. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
4. Pour 8 pounds 7 1/4 oz (1 gallon 2/3 cup) into a medium steamtable pan (12" x 20" x 4"). Use 3 pans. CCP: Hold for hot service at 135° F or higher.
5. Portion with 8 ounce ladle (1 cup).

**Source:** National Food Service Management Institute